INSPIRE TOGETHER AUTUMN NEWSLETTER

INSPIRE TOGETHER
A healthier, happier, future generation

VISION AND VALUES

OUR MISSION

Our mission is to provide health, wellbeing and physical activity opportunities to inspire the young people of Leicester and give them the knowledge they need to lead a healthier, happier future.

OUR VISION

Our vision is that every young person enjoys being active, so they have the long-term benefits of a healthy, happy, lifestyle.

INSPIRE

To encourage future generations to participate in and learn through sport, physical activity and healthy opportunities, promoting physical, social and emotional wellbeing.

DEVELOP

To target inequalities, giving all young people the opportunity to learn and develop their physical skills and character, enforcing self-belief, determination and resilience.

EXCEL

To provide young people with opportunities they can aspire towards, equipping them with the skills and knowledge needed to achieve success and be the best they can be.

COLLABORATE

Working within a professional network to maximise physical activity and wellbeing opportunities for children and young people, through shared expertise and best practice.

To support the community and families, enabling them to create a positive environment for children and young people to be active, healthy and happy.

ENJOY

Fun is at the heart of everything we do. We know positive experiences make sport, physical activity and wellbeing opportunities enjoyable for young people, enabling them to develop a lifelong positive attitude towards health and wellbeing and a determination to achieve.

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HIGH QUALITY EVENTS & COMPETITION

YEAR 7 FOOTBALL FESTIVAL

Our competition strands consist of Inspire, Develop and Excel events. This football festival gave teachers the opportunity to see their teams playing against other schools and perfect their techniques before they play their league games.

This was the Year 7 boys first experience of secondary football and they loved it! They loved the competitive nature of it and worked on their teamwork skills to play effectively together. They are inspired to carry on their football and do well in the upcoming league!

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HEALTH AND WELLBEING

YEAR 11 FESTIVAL

Our first secondary Health and Wellbeing festival took place with Lancaster Academy and Sir Jonathan North's Year 11 pupils. This festival was designed for young people who have struggled with their mental health, don't enjoy sport or struggle with their weight management. Students were selected by their schools based on this criteria as an opportunity to engage with them in a different way.

The first thing they were asked to do was to write 5 feelings about themselves. They wrote things like 'scared' 'anxious' and 'angry'. None of them wanted to be there initially and they were very unsure about joining in. They took part in several workshops from teamwork skipping to capoeira. Whilst joining in they soon relaxed and were smiling and laughing. At the end of the session, they wrote down 5 feelings again. This time they wrote things like 'excited' & 'happy'. As a team we were so thrilled with how our first secondary festival went and will be rolling it out to other schools throughout this year.

DEVELOPING YOUNG LEADERS

We couldn't run our many events successfully without the help of our Young Leaders. This term a variety of students have helped out at our events. Including our primary health and wellbeing festivals, girls' football events and primary cross country. We have been impressed with how well they lead the young children, clearly explaining what they want them to do and ensuring that they are having a good time.

Our female leaders from Crown Hills CC at our girls' football event were excellent role models for the young people. They carried the energy needed at the event in order to inspire the girls to have a love for football. At our Cross Country event the Lancaster Academy leaders helped to organise and run this huge event, with nearly 1000 children participating.

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INCLUSION

COMING UP...

There are numerous competitive opportunities coming up after half-term for secondary pupils. Our city programme gets underway with the Key Stage 3 Sportshall Athletics event which is followed by the Key Stage 4/5 event – with county finals places up for grabs. They will be as always great fun and very exciting events!

The KS3/4 Boccia competition rounds off the Autumn term with the winners progressing to the county final which is part of the Paralympic Festival at Loughborough University later in the year. We know that there are many SEND students in our mainstream schools who we hope to see competing at the upcoming events.

Below are details of various local inclusive opportunities to participate in sport outside of school.

Athletics (track and field)
During the summer:- Saffron Lane Athletics Stadium
Wednesday 5.00– 6.00pm
During the winter:- Ellesmere College
Friday 4.45 -5.45pm
Cost: £4.50 per session, plus a one off registration fee of £20
Contact: Richard O'Donohue
Email: dickodonohue@hotmail.com
Tel: 07507775358

Table Tennis
Knighton Park Table Tennis Club 83
Knighton Fields Road East
Leicester, LE2 6DP
Wednesday 10.30am to 12.30pm
Cost: £3.00 per session
Contact: David Morley
Email: david.morley8@btopenworld.com
Tel: 0116 2703618

Gymnastics
Hinckley Gymnastics
New College, off Glenfield Rd,
Leicester, LE3 6DN
Saturday 9.30 – 10.45
Cost: Currently equates to £26 per four week sessions but ask for details.
Contact: Mitch Edwards
Email: mitch.edwards@iflip.org

Basketball
Leicester Sharpe Basketball Club
Ellesmere College
Monday 5.00 pm.to 6.30 pm.
Cost: £ 4.00 per session
Contact: John Smith
Email: ball4allcic@gmail.com
Tel: Text John at 07985534661

Swimming
Leicester Saffron
Evington Swimming Pool
Mondays: 6.00 pm – 7.30pm
Cost: £5 per session
Contact: Piyush Kotecha
Email: piyush@kotecha-online.co.uk
Tel: 07773 877489

Tennis
Desford Lawn Tennis Club
Sport in Desford
Leicester, LE9 9JU
Thursday: 6pm-7pm
Cost: £2 per session
Contact: Matt Chilvers
EMail: mchilvers138@gmail.com

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COMMUNITY

HAF CAMPS

This summer we ran two Holiday Activity and Food camps for children aged 8-12. These camps ran at Taylor Road and Crown Hills and allowed young people who are eligible for free school meals to attend a camp where they get a free meal every day, funded through the programme.

During the camps they have the opportunity to take part it in lots of different sports activities from gymnastics to orienteering! They also enjoyed making Commonwealth Games themed crafts. Young people come back to the camps year after year and are inspired to join sports clubs after trying so many different sports throughout the week.

A student with autism attended the Crown Hills camp throughout the week. To support his participation the team adapted activities to suit is needs, and spent additional time to ensure that he understood what each activity entailed. His mum couldn't believe how well he'd got on throughout the week and how much he had enjoyed it. She said: “It was so nice to see my son settle in so well, because of his condition (Autism) I worry he will not be understood well by others, but your team have worked fantastically with him”.

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